

JOE MOTT'S DOUBLE AWARD WINNING HOT



ANA'S A TONIC

SHE'S a lot of woman, **Ana Matronic**. Here she is – with her curves – performing on the opening night of the **Scissor Sisters'** 15-date tour, in Manchester. I wasn't there, because I've seen them about 39 times, but it will have been a spectacle.

Ana, 32, makes a lot of risqué jokes between songs and fellow singer **Jake Shears**, 29, prances about the stage like a randy little fawn.

If you are one of the few unfortunate folk who have not seen them live, go now. They're good.

CAUGHT LIVE

Muse AECC, Aberdeen

THERE are many bands who are quite happy to go on stage with little more than a few instruments and a couple of amplifiers.

Muse are not one of them. Revolving screens and huge, inflatable, tickertape-filled balls which inevitably burst over the audience were all part of the first show in their loud, proud and vibrant new arena tour. Apart from a slow mid-set, the rockers sounded phenomenal, leading the crowd through hits like Butterflies and Hurricanes and Starlight.

ISLA MERCER

rock royalty...

if he decides to 10 minutes before he goes on stage, we'll be ready for it."

He was the best thing at the Brit Awards and is joined next week by **Jimmy Page**, **James Morrison**, **Brian**

Wilson, **Joss Stone** and **Patti LaBelle**.

I'll be upstairs in the VIP bit, because that's what's right, watching the show with a glass of champagne.

Very occasionally, I do have to pinch myself.



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CAUGHT LIVE

Lily Allen Astoria, London

RESPLENDENT in a fabulous array of ball dresses, reminiscent of a futuristic Pearly Queen, Lily casts a beguiling spell that's impossible not to fall under, even if reggae ain't your bag.

The 21-year-old twirled her pleasantly-portly tummy to tight, bass-heavy renditions of LDN and ska-funk floor-filler Friday Night.

Along the way, she poked fun at "seedly" **Cheryl Tweedy** and proudly dragged on a king-size fag during Littlest Things – her ode to an inadequate ex-boyfriend.

Lily's refreshing lyrical sharpness continued when she expertly disposed of a foolish male heckler with "so's your mum" before offering a cheeky curtsy.

I agreed with Lily's own sentiment, the **Keane/Kooks** medley did seem a bit "lame". But a bouncing encore of **Alfie** restored the girl's five-star rating, confirming Lily's talent far exceeds that of her peers.

JAMES CABOOTER



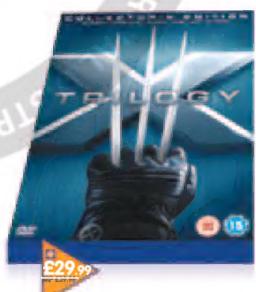
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STAR

with Soaps Editor KATIE BEGLEY
e-mail: katie.begley@dailystar.co.uk

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I'M BECKHAM OF THE DALES

Matt has footie ace looks



REAL THING: Beckham

BECKS lookalike Matthew Wolfenden is about to send pulses racing across the Yorkshire Dales.

The 26-year-old hunk has a striking resemblance to the ex-England skipper.

And he's looking to score a major soap success as Emmerdale new boy David Metcalfe, who bursts onto the village scene

EMMERDALE EXCLUSIVE

hell bent on tracking down his wayward dad.

With his looks he is sure to get the girls drooling when he arrives in a fortnight's time. Matthew says it's not bad having Becks appeal, but he never set out to look like the footballing great.

And he revealed there are perils to having an uncanny resemblance to the Real Madrid idol.

"There are worse people to be associated with, I guess, but it's still a bit crazy," said Matthew.

"I don't make a conscious effort to look like him at all. But I know I have a similar look, which means there are always going to be comparisons."

"Even one of the set dressers here asked me if I would do any Beckham lookalike work."

"I was like: 'What? I'm on Emmerdale now and you're asking me to pretend to be Becks? It's crazy!'

Secret

Matthew, a rising theatre star, has left the stage behind for now to spice things up in the Dales.

He plays troubled David, who has a dark secret – he's Eric Pollard's son.

Eric (Chris Chittell, 58) has no idea he even has a son, and David plans to keep it that way until the moment is right.

Producers of the ITV1 saga are tipping Matthew, who has just finished a nationwide tour with the hit musical Saturday Night Fever, to drive female fans wild.

But the lad from Halifax, West Yorks, reckons he'll never be able to get used to being called a hunk.

He said: "I keep waking myself up at night terrifying myself thinking about being considered a so-called celebrity."

"But I'm sure if I keep my head down and stay out of trouble I'll be fine."

"I just hope my friends still want to go out with me, because I'm sure there will be people who want to come up and throw things at me!"

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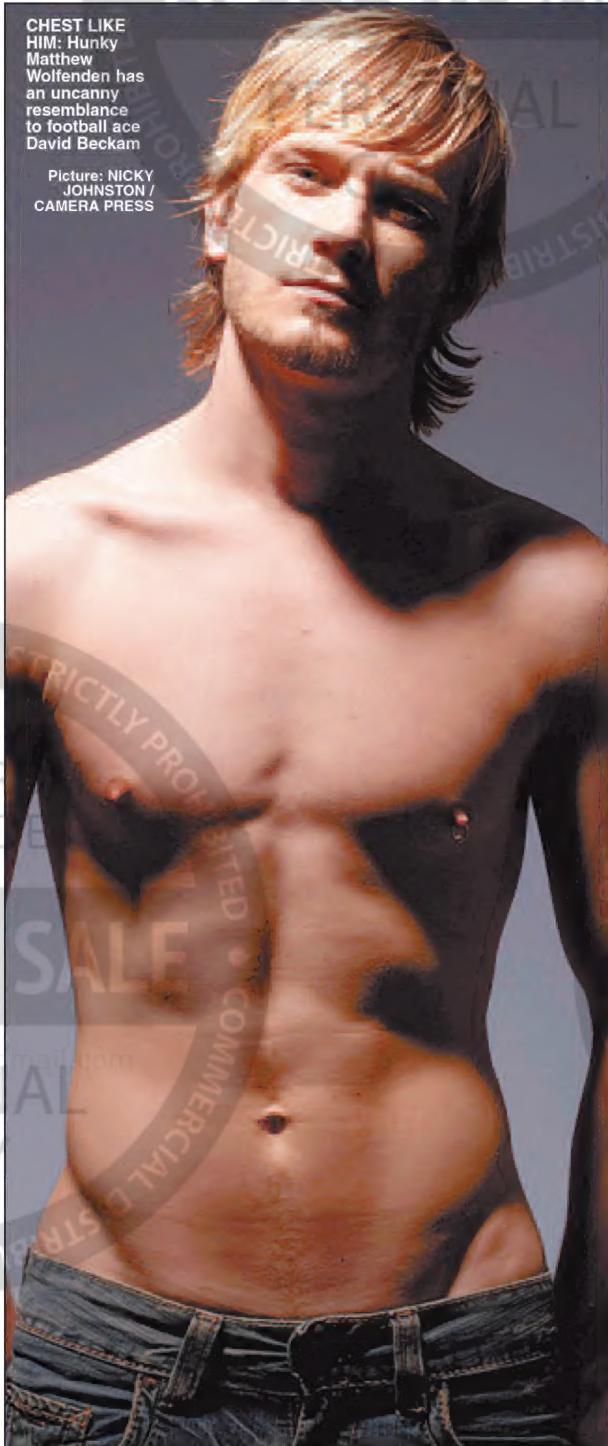
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CHEST LIKE
HIM: Hunky
Matthew
Wolfenden has
an uncanny
resemblance
to football ace
David Beckham

Picture: NICKY
JOHNSTON /
CAMERA PRESS



TARRANT WIFE IS TRUCKIN' LUCKY!



THE estranged wife of Chris Tarrant had a lucky escape when a telly driving stunt went horribly wrong. Ingrid Tarrant, 52, who recently split with the Who Wants To Be A Millionaire? host, 60, was involved in the crash while filming Sky One show The Race. She was driving a monster truck over a ramp when it flipped over and landed on its roof. Rescuers pulled her from the wreckage and she was

■ by OLIVIA MATTHEWS

treated by paramedics at the Silverstone track in Northants.

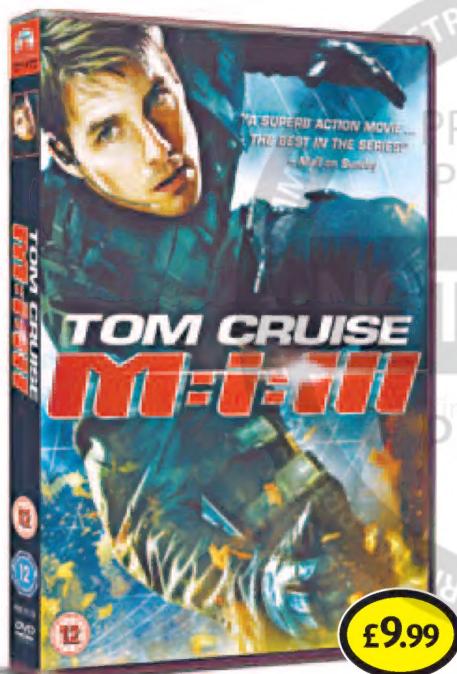
■ A show spokesman said doctors gave Ingrid the all-clear but she was seriously shaken by the crash. He said: "She was conscious when they reached her and lucid. Luckily she seems to be fine."

news@dailystar.co.uk



Picture: JUSTIN DOWING / SKY

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Gill quit panto before bust-up

EXCLUSIVE

■ by ROSS KANIUK

STRESSED Gillian Taylforth pulled out of a panto BEFORE her man allegedly hit her.

Last night pals expressed concern over the former EastEnders star's well-being after it was revealed she has been suffering from "nervous exhaustion".

Blonde Gillian, 51, needed three stitches after her 20th anniversary meal with Geoff Knights, 53, ended in violence.

Police and an ambulance were called to The Bill star's home in Bexleyheath, Kent.

It was claimed Knights sent her flying over a sofa. He was arrested but freed when she refused to press charges.

Gillian had already cried off from appearing in Snow White in Northampton though rehearsals were not due to start for a month.

A shocked friend said: "She has been run down and desperately



SICK: Gill in The Bill. Above: With Knights

needs to take things easier. Her daughter, Jessica, 14, has also been ill.

"It's astonishing she should have had to go to hospital after a row when she's so unwell."

Days before the incident, which allegedly took place in front of the

couple's seven-year-old son Harrison, Gillian told the Northampton theatre she was pulling out of their panto."

The star, who makes her debut in Sun Hill tonight, said yesterday: "I had to cancel because I'm ill. I have flu and a chest infection."

Fuming

But theatre chiefs were privately fuming that the actress had left them in the lurch. Former Albert Square co-star Letitia Dean, 39, will play the Wicked Queen instead.

A theatre insider said: "We were told Gillian was pulling out because of exhaustion and she would provide a doctor's letter."

"Yet she's doing plenty of TV work. And she should manage to get over flu and chest infection in a month."

Last night Gillian was fit enough to appear on Paul O'Grady's ITV1 show and plans to film six days a week for The Bill in coming weeks.

ross.kaniuk@dailystar.co.uk

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BULLIED MUM SPENDS £35K ON MAKEOVER

■ by LAURA FANNON

MUM Maria Dixon has hit back after suffering a lifetime of bullying - by having £35,000 worth of cosmetic surgery.

Maria, 39, got the new look of her dreams by fixing her nose and teeth, then having a brow and eyelid lift.

Finally, she polished up her glam image with liposuction to her chin, thighs and stomach.

"The first time I saw my smile in the mirror I cried with happiness," said mother-of-two Maria, from Oldham, Lancs.

Now the IT worker is being featured in the hit TV show Extreme Makeover.

Abuse

Maria had suffered from low self-esteem after battling mental and physical abuse at the hands of school bullies and then from two ex-boyfriends.

But pals and her husband David, 42, egged her on to have a makeover - and Maria decided to go the extra mile. "I absolutely love my new look," she said. "I feel like a new person and I'm so much more confident than I was before."

"Having cosmetic surgery is not a quick fix and not a decision I took lightly."

"It wasn't a weight thing as I was already going to the gym and felt quite healthy - I just wanted my curves back in all the right places."

See Maria's new look in Extreme Makeover on Living TV tonight at 10pm.

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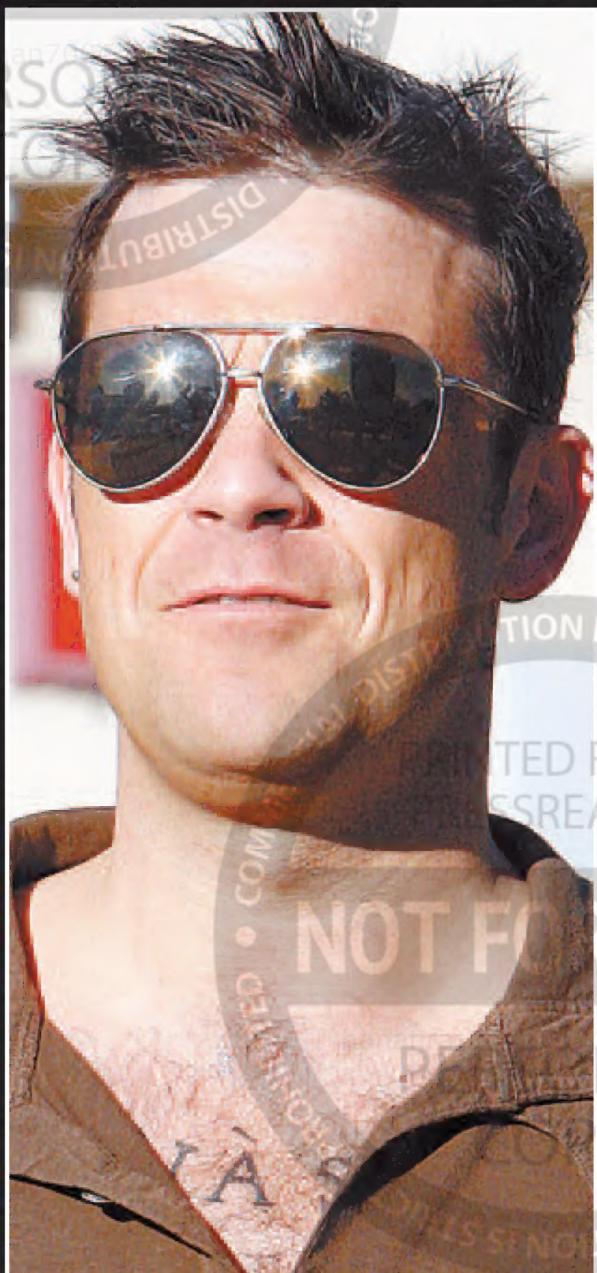
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EEK! THERE'S A POLISH MIGRANT IN OUR BED



**Robbie's
walk in
the dark**

■ by NADINE LINGE
POP hunk Robbie Williams
shows he's a real shady
character as he strolls through
Hollywood hiding behind a pair of
sunglasses.
■ The Rock DJ singer, 32, must
have wanted to keep a low
profile as he enjoyed the LA sun.
■ But don't worry Rob - after
several failed attempts to
crack the US, most Americans
don't know who you are anyway.

Picture: PACIFICCOASTNEWS.COM

■ by JAMES MOORE

STUNNED Graham Handley rolled over in bed to find a Polish immigrant lying next to him.

The 45-year-old dad thought it was his wife snuggling up.

But he got the shock of his life when he realised a burly bloke was tucked in beside him.

And he leapt from the bed when he called out and the intruder replied in Polish.

Trousers

Graham and his wife Linda, 45, had been on a night out in Scunthorpe, Lincs, and forgot to bolt the door after them.

Linda ended up sleeping with their son Adam, eight, after he had a nightmare.

Graham said: "I went to sleep but at 5.20am I heard the bedroom door open, heard a zip go down then



■ STARTLED:
Graham
found a stranger
under the covers

heard this pair of trousers hit the floor.

"I called out and he just spoke back in a foreign language. He was asleep straight away, so I got up and put my clothes on."

Police escorted the man away but he has not been

charged with any offence. Linda thinks he was going to hit the floor.

"I called out and he just spoke back in a foreign language. He was asleep straight away, so I got up and put my clothes on."

She laughed: "I don't think he had any other motive - he was just tired and confused."

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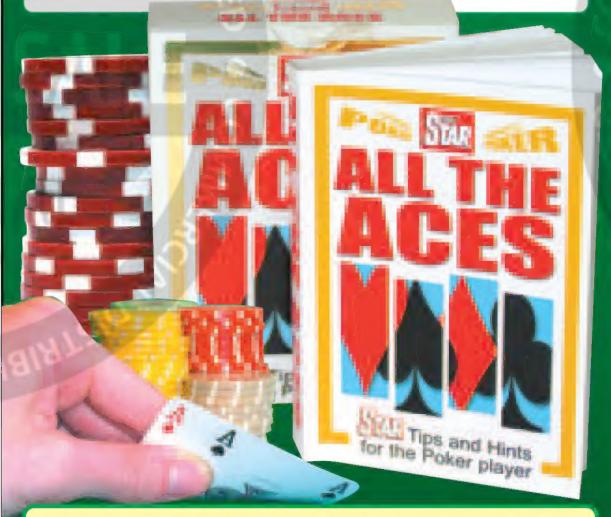
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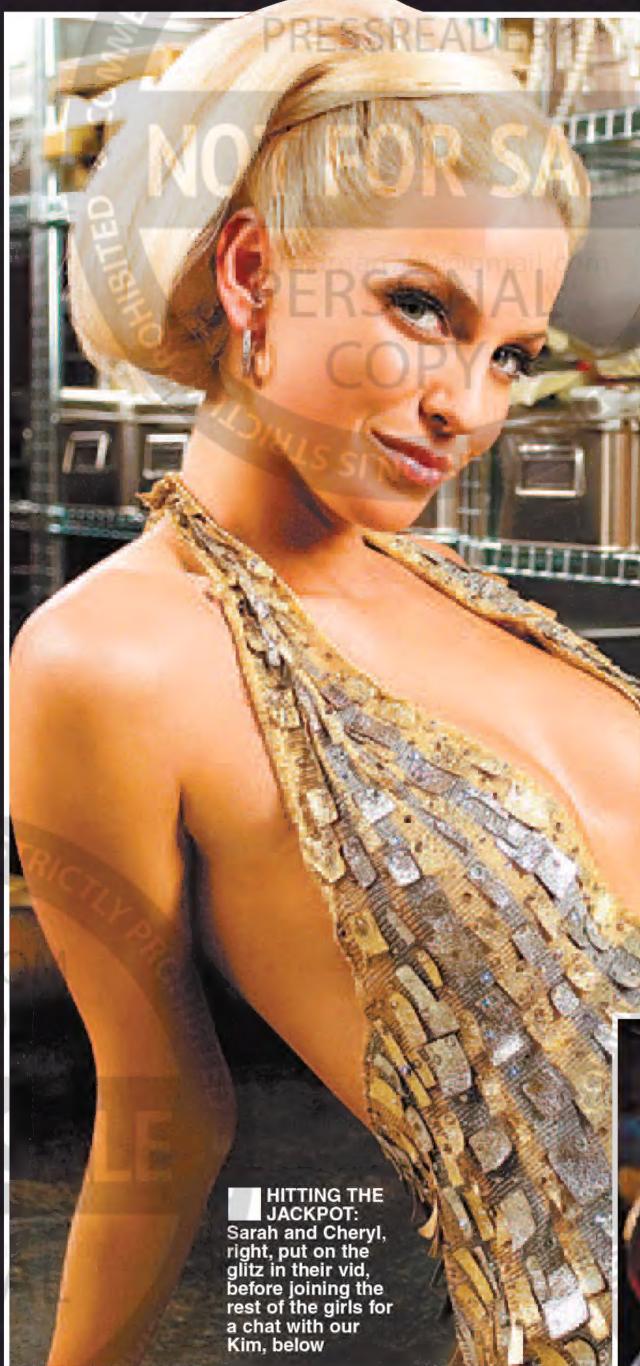
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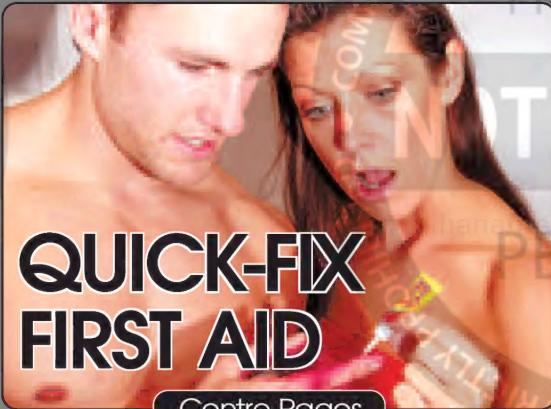
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WHEN THE STARS TALK THEY



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How 007 Daniel was turned into



MUSCLE BOND

FANCY the body of a super-fit superspy? Here's how to turn yourself into 007.

Hunky Daniel Craig put his body through a punishing fitness regime to play James Bond.

And the result is a rippling torso most fellas would kill for.

The Chester-born actor, 38, worked out four days a week to develop the bulging biceps, sexy six-pack and muscular thighs he needed for £150 million blockbuster Casino Royale.

Training

Daniel – who has dated Sienna Miller, 24, and Kate Moss, 32, in the past – explains: "I started training for the film when I knew there was a possibility I might get the part."

"I thought: 'I'll start trying to get myself fit anyway and even if it doesn't come off I'll live another year.'

■ by PHIL BOUCHER

Daniel embarked on a strict diet and strenuous programme of sessions under the guidance of a former military fitness instructor. The result is amazing. Yet it doesn't mean Daniel has become a fitness freak.

"I'm not obsessive about fitness," says Daniel. "I work out three or four times a week but I take the weekends off and drink as much Guinness as I can get down my neck."

Casino Royale hits cinemas nationwide on November 16.

While that doesn't give you much time to transform your body into that of 007, here we offer some top tips from trainers and Royal Navy experts to help get you ship-shape...

CARDIO TRAINING

NAVY training includes arm, trunk and leg exercises, such as squat jumps, stomach crunches, press-ups, sit-ups, bench dips, arm curls, bench jumps, squat thrusts and any other kind of cardio-vascular workout. They will typically do this twice a week for 45 minutes, rotating the exercises every couple of minutes.

Lt Cdr Joe Wood, of the Navy's crack Physical Training School at HMS Temeraire, says: "The training is designed to test your whole body to the limit. It's like the training professional rugby players take on so they can handle all the knocks that come their way."

PUMP IRON

GET in the gym and get those irons pumping. However, weights work should only be carried out every other day. Do a light 10-minute warm-up first and make sure your sessions last no more than one hour, followed by a post-exercise stretch. Repeat each exercise no more than 16 times on each body part.

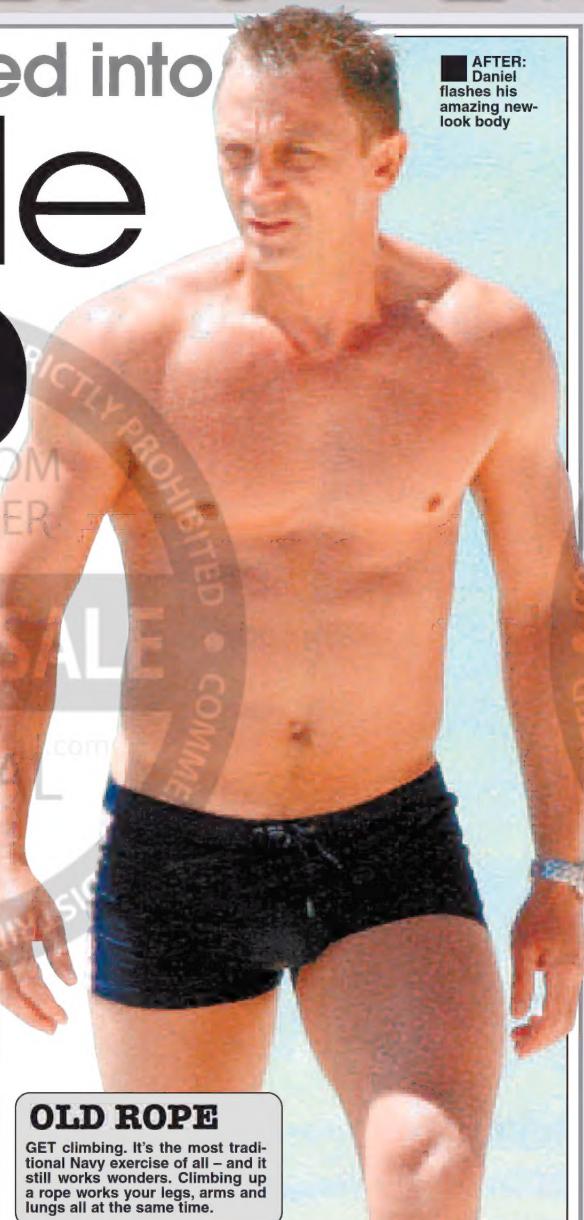
TUCK IN

CELEBRITY trainer Matt Roberts says: "Daniel must have consulted a nutritionist. The key thing is that he would need a series of small meals rather than a few big meals – probably five or six a day."

"He'd need good carbs for breakfast, such as porridge with lots of fruit. For lunch he would eat something like brown rice with roasted veg and some protein, such as prawns. For the evening meal, he would need to eat plenty of good, lean protein, such as tuna steaks or chicken, with salad or veg. He'd also need to snack on things like smoothies, fruit and oat bars."

GO COMMANDO

COMMANDO press-ups give you abs of steel. Assume a normal press-up position, but bring one knee up to your shoulder to let your arms take the maximum weight. Or try the even tougher snake press, where you bend your arms, pull your neck back, dip and roll your nose along the floor as far forward as possible."



AFTER:
Daniel
flashes his
amazing new-
look body

OLD ROPE

GET climbing. It's the most traditional Navy exercise of all – and it still works wonders. Climbing up a rope works your legs, arms and lungs all at the same time.

Fit

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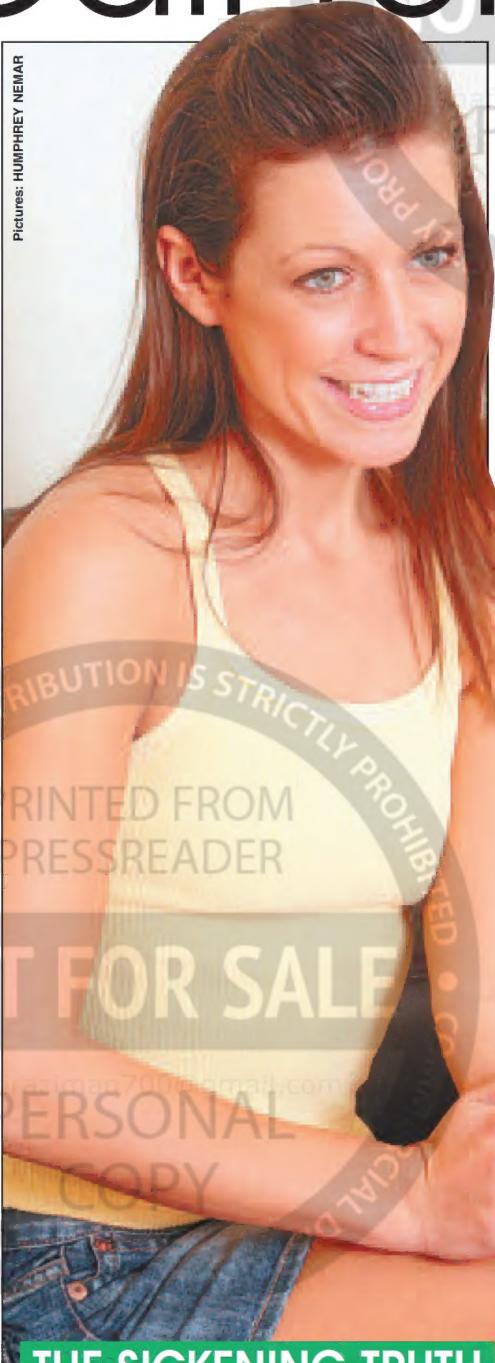
IGNORE these improvised quick-fix first-aid tips at your peril. They can ease pain, stabilise an injury and keep you going until the professionals can do their thing.

No one's saying you shouldn't get along to the doc's pronto, but a bit of handy know-how can help give the medics a fighting chance when they do get to work.

● From the December issue of Men's Health, on sale now.

Pictures: HUMPHREY NEMAR

Call for the



KILLER C

The injury: Toothache. **The trick:** Buy some cloves.

What to do: Suck on a clove near the throbbing tooth.

The oil in this spice acts as a mild local anaesthetic, says dental surgeon Richard Crimini. Then make an appointment with your dentist.



GETTING TH



The injury: You've just sliced off the tip of your finger. **The trick:** Put it back on. **What to do:** First, stop crying. You can stop the bleeding and speed the repair simply by reapplying the missing part. Run water over both the wound and

the finger.

Run water over both the wound and the finger.

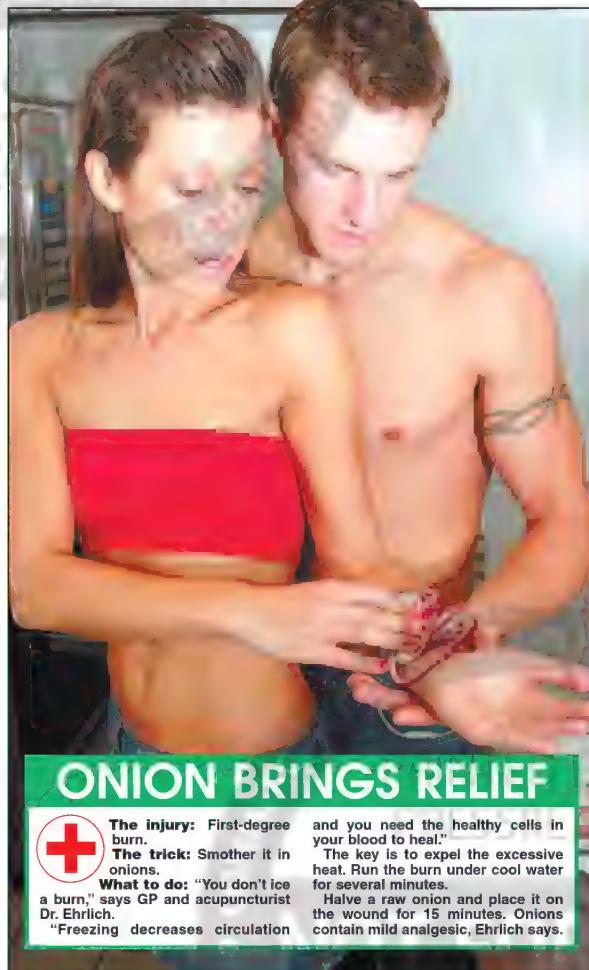
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ONION BRINGS RELIEF



The injury: First-degree burn.

The trick: Smother it in onions.

What to do: "You don't ice a burn," says GP and acupuncturist Dr. Ehrlich.

"Freezing decreases circulation

and you need the healthy cells in your blood to heal."

The key is to expel the excessive heat. Run the burn under cool water for several minutes.

Halve a raw onion and place it on the wound for 15 minutes. Onions contain mild analgesic, Ehrlich says.

ie flap you lopped off. Put the piece back into place and apply pressure. If you've no plasters use super glue. Pat the area dry, then carefully use around the outside of the flap. Don't glue your good finger to the jured one, says A&E doctor Mark Notash. Head to A&E and get some proper care.

HAND CUT BY GLASS



The injury: Pieces of glass stuck in your palm.

The trick: Hot

and cold water. What to do: Swallow your squeamishness and pull out the big pieces. The trick for the remaining tiny shards is to run your pierced palm under water, alternating between hot and cold.

"The water will help clean out most of it," says Dr Notash.

"But the hot and cold will expand and contract the skin and help squeeze out the shards."



RESEARCHERS at the University of Georgia in Athens, USA, have found that the best thing you can do to boost your energy is not swill back

Fit FACT

a cup of coffee or an energy drink but to exercise. So next time you have no energy there is no excuse for lazing on the couch.

NUMB THUMB



The injury: You hit your thumb with a hammer.

The trick: Release the blood trapped under your nail.

What to do: Light a candle and uncoil a paperclip. Numb the area with ice, heat the endpoint of the paper clip in the flame, and groove two tiny holes in your nail.

"The release of the blood will help relieve the pain and may save your nail," says Dr Thomas Tallman, an accident and emergency doctor at the Cleveland Clinic, Ohio.

Why Kylie's smile's such a winner



WE just can't get Kylie Minogue out of our heads – and it could have something to do with her smile.

The gorgeous Aussie, 38, has the best smile in the world, according to a survey out today.

Other celebs who are top of the grin stakes are stunning Cat Deeley, 30, and telly icon Jonathan Ross, 45.

But not everyone's a winner in this department.

According to The Oral-B Vitality Smile Report, most of us would like to see some of our best-known faces cheer up a bit.

Researchers found 28% of us would like to see Victoria Beckham, 32, show off her pearly whites some

more. And Anne Robinson, 62, was voted the weakest link due to her lack of grinning.

One in 10 think Tony Blair, 53, is a smiley person – but watch out Gordon Brown! According to 16% the 55-year-old Prime Minister-in-waiting should smile more often.

Oral-B Vitality Smile expert Honey Lancaster-James, a specialist in the psychology of fame and celebrity, says: "A warm smile can alter moods, change attitudes and has the power to make us feel better about ourselves and the world around us."

"So, it's not surprising that we want our celebrities as well as our friends and family to be smiley."

A WHOPPING
80% of us say rude people are certain to stop us smiling. Other gripes include queues (44%) and litter (38%).

GRIN AND TONICS



CHEERY: Cat Deeley



TELLY NICE: Ross



PRIME SMILE: Blair

FROWN AND OUTS



WEAKEST LINK: Anne



DOWN 'N' POUT: Posh



GLUM: Gordon Brown

How to ensure you have a good smile

● **BRUSH** your teeth regularly – and invest in an Oral-B Vitality toothbrush. It's clinically proven to remove twice as much plaque as a manual brush.

● **DON'T** forget to floss between your teeth and use mouthwash after brushing.

● **DON'T** forget to visit your dentist regularly.

Oral-B has launched a competition to find the smileiest people in Britain. Check out www.mybigsmile.co.uk – enter and you could win a VIP trip to Los Angeles!

fit

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

Q OUR crack team of health experts want to help you solve your problems. **■** They'll tackle anything from fear of flying to your most intimate sex worry. **■** Check out the panel on the right and see how you can contact them now. **■** Here they answer the latest batch of readers' queries...

DR CHRIS STEELE

Health expert



One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for 18 years, plus on the radio. See www.thegpfamily.com

FRANCES FURLONG

Beauty expert



A nurse for eight years, Frances, 29, was a sister in laser corrective surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinklinic.co.uk

GARETH EDWARDS

Nutrition expert



A member of the British Association of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR

Sex expert



Famed for her appearances on Five's Trisha Show, our sexy prof, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasureprofessor.com

HARVEY WALDEN

Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fitties fit on Celebrity Fit Club, and a US version. www.harvey-walden.com

RON BRACEY

Mind expert



Ron, 46, is a chartered clinical psychologist who has more than 20 years experience in both the public and private sectors. www.urbanpsychologist.com

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.

*Sexercise of the week***SIDE LEG RAISES****HOW TO DO IT:** Lie on your side using your bottom hand to support your head and the top hand to stabilise your body.

Ensure your hips and shoulders are in line and that you are not twisting. Bend your bottom leg at the knee keeping your thigh straight.

Extend your top leg out straight and then lift it slowly from the hip to a 45 degree angle before lowering again.

Before completely lowering the leg to the ground, repeat the move. When you have done 10 on one side, change sides.

HOW IT WORKS: This strengthens outer thigh muscles, the gluteus maximus and the oblique muscles as well as giving the hips added flexibility.

Strengthening the core muscles and the thighs gives added strength to enjoy more athletic sexual positions such as the woman wrapping her legs around the man's waist while he remains in a standing position.

Increased hip flexibility and the added movement mean a woman can adjust her hips for the best stimulation during sex.

Spirit level is up

Q MY brother became a born-again Christian 15 years ago and I'm worried that he's becoming more and more fanatical.

He even calls himself a fundamentalist. He says that anyone who doesn't believe in Jesus should leave the country and warns that Jesus promised to spread his message with a sword.

I don't have any problem with religion but I'm worried he may do something silly. How can I get through to him?

MARK STEIN, London.

DR RON SAYS: He found his own peace, but you don't like his chosen route. He may have emotional issues.

Focus chats around him and who he is, but be subtle and don't offend him. Emphasise the importance of things you have in common and he may gradually be able to see the life he's missing out on.

Sex off our list

Q I MOVED in with my partner six months ago and our sex life has died.

At first we were at it all over the house, but now we rarely bother. We haven't rowed, we just don't seem to be physical any more. It is partly my fault as I'm just not that interested but I'm starting to worry that he's having an affair.

ALISON MOYSE, Bath.

THE PLEASURE PROFESSOR SAYS: ASK yourself what's changed in you since you moved in?

Do you still make an effort to be sexy? Get a make-over, hairdo, buy full-length, sexy boots! Try NLP therapy (see my website). Do daring dances and unleash the sexy women within you and mark my words he'll do the rest. But act quickly!

Fit FACT

GIVING counting calories new meaning, the humble celery actually has negative calories – it burns more energy eating and digesting one stick of it than the vegetable has in it initially.

Goodbye beer belly

Eye don't want to look so old

Q I DON'T have bags under my eyes but I do have dark circles which make me look years older. I've tried cover-up creams, even *Touche Eclat*, which didn't work. Can you suggest any other cream? I've read about surgery but I'm not sure what it's called or how effective or safe it is.

JO JAYEFIN, Coventry.

FRANCES SAYS: It could be hereditary. If the skin is thin, blood passing through large veins can produce a bluish tint. Exposure to the sun increases melanin and hyperpigmentation so good SPF is essential. Allergies and medications can dilate vessels and poor diet can also cause problems. See a qualified practitioner and try SkinCeuticals eye cream.



I AM a 34-year-old man who wants to eat more healthily and get in shape but I don't know where to start. Diet is one of my main problems. All the advice tells you to eat more veg but I only really like potatoes and marrowfat peas.

I do like pasta and rice. What else can I eat to help me lose weight and feel better about myself?

I also need to exercise but don't know what will work best for me. I want to feel more confident with my body. I feel embarrassed when I remove my T-shirt, even in front of my wife, as I have a beer belly. I don't drink a lot. I only have one night out a month. I want to lose the belly and add definition to my stomach.

MARK RIDDELL, Barnsley.

HARVEY SAYS: Go and measure your belly just above your waist over the navel and make note of it. You will notice the

inches vanishing if you stick to the diet and exercise – which will give you the motivation to hang in there.

Also, tell the wife to get one last look and feel, because the beer belly will be disappearing... soon!

First off, when you wake up in the morning, knock out some press-ups before you brush those fangs.

Then hit another set before getting ready for work.

If you have access to a gym, hit it five times a week and start burning those calories with 15 minutes on the elliptical, 15 on the treadmill and finish with 15 on the stationary bike. Increase this by 10% after a week.

I also want you to hit the upper body with the bench press, lateral pull-down, shoulder press, barbell curls and machine pullover.

When you are performing these exercises contract your abs – but don't sacrifice your breathing.

Once you are done hit the ab machines to include obliques for three sets of 15 reps as well as

crunches on the stability ball. Only hit the weights three times a week with rest days in between.

Stay hydrated and watch what you eat and how much.

I'm willing to bet you drink more than you think.

There are a lot of calories in a pint, so cut back.

GARETH SAYS: If you really can't eat veg, I'd recommend InnerLight supergreens.

This powdered supercharger

should help your body get revved up for Harvey's action programme. Order it at www.food-for-life.co.uk. If you eat pasta and rice make sure they are brown (not white) and cut out sweets, chocolate and fizzy drinks.

TALK TO THE **DAILY STAR** WHEN THE STARS TALK THEY TALK TO THE **DAILY STAR**

FUN ALOUD:
Nadine, Sarah, Nicola, Cheryl and Kimberley are in their hot new vid, but end up all tied up, below

Girls on top



hot EXCLUSIVE by KIM DAWSON

NO wonder Girls Aloud are splashing the cash - they have plenty to celebrate.

The gorgeous girls have just scored their first No 1 album. And as I broke the news to them, the five let out screams of excitement.

They are already planning a massive party to mark the band's fourth birthday. Now they are also planning a more permanent celebration of the success of *The Sound Of Girls Aloud - The Greatest Hits*.

Nicola Roberts, 21, reveals: "We always said we'd have tattoos when we had a No 1 album, thinking we'd never get one. Now we have!"

"We should put it on the website and ask our fans what they think we should have done."

But Kimberley Walsh, 24, reckons that could be a mistake: "They'll come back with a picture of their face or something! Maybe we'll have it tattooed on the soles of our feet."

Choosing tattoos is not the only thing on the girls' minds. They're also preparing to fight it out for the Christmas No 1 single with their cover of Tiffany's 1988 hit *I Think We're Alone Now*.

Casino

The video is sure to hit the jackpot with their army of male fans - it shows the sexy fivesome escaping with a fortune in cash after raiding a casino.

They have filmed three different endings. 3 Music users can download them via the new 3 Music Store and vote on which ending should be used in the finished video.

Nicola says: "It would be

Pictures:
ELISABETH HOFF

great to have a Christmas No 1, but it's going to be X Factor this year, isn't it?"

That would be ironic. Girls Aloud were formed on another ITV talent show *Popstars: The Rivals*. Their first release, *Sound Of The Underground*, was the Christmas No 1 in 2002.

The girls have since gone on to take Girl Power to a whole new level, along with their pals the Sugababes.

Kimberley says: "We



saw the Sugababes the other day and said: 'Thank God we've got each other! No-one else is really around.'

Cheryl adds: "We've always had the Sugababes around and we always will. Neither of us is going anywhere."

But while they are full of praise for their fellow girl-band, they have had some harsh words to say about other celebs in the past.

And I'm delighted to report that they're showing no signs of keeping those lips zipped. Sarah

Harding, 24, insists: "We're just ourselves and we say what we want. Sometimes it gets us into trouble, but we don't care."

Humour

This time, they have Avid Merrion - alias comic Leigh Francis, 33 - in their sights for his rubber-faced version of Madonna, 47, at last week's MTV Awards.

"He's despicable, I hate him," says Nadine Coyle, 21. "Leigh is a nice guy, but Avid! The humour is juvenile and disgusting."

"He's creepy," agrees Cheryl Cole, 23.

"Did you see Victoria Silvstedt with him on his show? I happened to be flicking over the TV and saw her pretending to give him oral sex. It was foul!"

But there is one dissenting voice. Sarah whispers:

"I quite like the bear..."

Still, I guess an Avid Merrion tattoo is probably out of the question.

• You can download the *I Think We're Alone Now* video via the 3 Music Store next week at www.three.co.uk

 **TV GUIDE**
BBC One

6.00 Breakfast (W) (S) 69794205
9.15 Animal 24/7 (W) (S) 3585175
10.00 City Hospital (W) (S) Followed by News, (W) (S) Weather, 33934
11.00 To Buy Or Not To Buy (R) (W) (S) 7651934
11.45 Hard Sell (W) (S) Followed by BBC News, (W) (S) Weather, 578576
12.15 Cash In The Attic (W) (S) 7950311
1.00 BBC News, Weather 57514
1.30 Local News, (W) (S) Weather 14062309
1.40 Neighbours (AD) (S) 77503175
2.05 Doctors (W) (S) 84530663
2.35 Murder, She Wrote Jessica stops off to see an old friend who owns a luxurious Monte Carlo hotel. (R,S) 2183408
3.20 BBC News, (W) (S) Local News, Weather 3446750
3.25 CBBC: ChuckleVision (AD) (R) (W) (S) 1841359 3.40 Arthur (W) (S) 9726575 3.55 What's New Scooby-Doo? (AD) (R) (W) (S) 6683972 4.15 The Story of Tracy Beaker (AD) (R) (W) (S) 580446 4.45 Keep Your Hair On: Celebrity Scissorheads (W) (S) 793475 5.00 Blue Peter (W) (S) 6239069 5.25 Newsround (W) (S) 9791886
5.35 Neighbours (R) (W) (S) 614408
6.00 BBC News (W) (S) 595
6.30 Local News Programmes, (W) (S) Weather 175



DIY SOS:
Nick Knowles
and his team
are back for a
new series,
8.30pm

BBC Two

7.00 CBBC: Batfink (R) (W) (S) 3178408 7.05 Trollz (R,S) 2496408
7.30 Roar (W) (S) 84224 8.30 CBeebies: Charlie And Lola (R) (W) (S) 1836882 8.40 Boogie Beebies (R) (W) (S) 1928972 8.55 Tweenies (R) (S) 1914779 9.15 Something Special (R) (SL) (W) (S) 7293427
9.30 Big Cook Little Cook (AD) (R) (W) (S) 6229311 9.50 Lunar Jim (R) (W) (S) 7459892 10.00 Barnaby Bear (R) (W) (S) 6555069 10.15 Our Planet (R) (W) (S) 6538392
10.30 What The Ancients Did For Us (AD) (R) (W) (S) 35446
11.30 The Daily Politics With Andrew Neil. (W) (S) 10359
1.00 Downsize Me Property advice. (R) (W) (S) 55156
1.30 Working Lunch (S) 80717
2.00 Small Town Gardens Leading designers recreate small outdoor spaces. (W) (S) 16813934
2.15 Sun, Sea And Bargain Spotting In the Italian town of Arezzo. (R) (W) (S) 275137
3.15 Castle In The Country (W) (S) 862427
3.45 Flog It! (W) (S) 1165137
4.30 Ready, Steady, Cook (W) (S) 6037799
5.15 Weakest Link (S) 3918601
6.00 Sudo-Q (W) (S) 137
6.30 Strictly Come Dancing – It Takes Two (W) (S) 717



NATURAL WORLD:
Bear expert
Charlie Russell
rescues cubs
and prepares
them for life in
the wild,
8pm

Channel 4

6.00 Cubeez (R,S) 6552175
6.10 The Hoobs (AD) (R,S) 3698576
6.35 The Hoobs (AD) (R,S) 3721663
7.00 Freshly Squeezed 41953
7.30 Friends (AD) (R,S) 4624175
7.55 Everybody Loves Raymond (R,S) 4609866
8.25 Will & Grace (S) 4523243
8.55 Frasier (R,S) 9968779
9.30 The Play's The Thing (R,S) Followed by 3 Minute Wonder. 45311
10.30 Make Me A Grown Up A 17-year-old with an aversion to boys. Last in series. (R,S) 37137
11.00 Ballet Changed My Life: Ballet Hoo! (R,S) 46408
12.00 News At Noon (S) 57171
12.30 Headland Sasha enjoys her power over Andy and Mel. (S) 24330
1.30 The King Of Queens Doug and Carrie make new friends. (R,S) 7752761
1.55 FILM: Cattle Empire 1958 (U) Western, starring Joel McCrea and Gloria Talbott. (S) 90132972
3.30 Countdown With Tony Christie. (S) 3792866
4.15 Deal Or No Deal Cash-based competition. (S) 3702953
5.00 The New Paul O'Grady Show Pink and Harry Hill chat to the host. (S) 4514
6.00 The Simpsons (R,S) 205
6.30 Hollyoaks Tension brews in the McQueen household. (S) 885



GOLDPLATED:
Terese spends
the night in a
motel with her
lover while
Darren is away,
10pm

Five

6.00 Milkshake! The Save-Ums! (R,S) 70194705 6.10 Bear In The Big Blue House (R,S) 26205069
6.40 Roobarb And Custard Too. Cartoon fun (R,S) 75897156 6.50 Hi-5 (R) (SL) (S) 6918205
7.25 Rupert Bear (S) 4395156 7.45 Make Way For Noddy (R,S) 5547663
8.00 Fifi And The Flowertots (R,S) 2375408 8.15 Peppa Pig (R,S) 3771840 8.40 Bird Bath (S) 4062717
8.50 Mio Mio (S) 4051601
9.00 The Wright Stuff (S) 8277156
10.30 Trisha Goddard (S) 8519934
11.30 five news (S) 3373576
12.00 Home And Away The survivors leave Kim and Kit behind. (AD) (R) (SL) (S) 7101137
12.30 BrainTeaser Contestants try to win money. 25345408
14.00 FILM: Sleeping With The Devil 1997 (PG) A woman's life is turned upside down by the discovery that her perfect boyfriend is psychotically unbalanced. Drama, starring Shannen Doherty. 8300621
3.35 FILM: Columbo: Negative Reaction 1974 (PG) Drama, starring Peter Falk. (S) 3096359
5.30 five news (S) 2282972
6.00 Home And Away Rachel is rushed to hospital. (AD) (S) 2289885
6.30 In The Grid Quiz show, hosted by Les Dennis. 2270137



IN THE GRID:
Les Dennis
hosts the quiz
show in which
contestants
must eliminate
their opponents,
6.30pm

ITV1

5.30 ITV News (S) 21224
6.00 GMTV (W) (S) 8072514
9.25 The Jeremy Kyle Show Talk show. (W) (S) 6569446
10.30 This Morning (W) (S) 18156
12.00 This Morning: I'm A Celebrity – Jungle Fever 53175
12.30 Loose Women Sheree Murphy answers viewers' dilemmas in the regular Loose Morals slot. Guests Lisa Maxwell and Paddy McGuinness also drop in. (W) (S) 33088
1.30 ITV News (S) 77243
2.00 The Price Is Right (S) 3885
2.30 Dickinson's Real Deal A woman tries to sell her Moorcroft vases, but David responds with a pastry offer, arguing they're badly damaged. Turning him down flat, she takes her wares straight to auction. (W) (S) 73974
3.28 Local Weather (S) 3470717
3.30 CITV: Pocoyo (W) (S) 5884514
3.35 Mr Bean: The Animated Series (R,S) 8817804 3.55 Tricky Quirkies (W) 2978750 4.00 Horrid Henry (W) (S) 8029953 4.15 Bel's Boys (AD) (R) (W) (S) 8019576 4.30 Jungle Run (W) (S) 798
5.00 The Price Is Right Double bill. Comedian Joe Pasquale hosts an updated version of the classic game show. (W) (S) 6972
6.00 Local News (S) 663
6.30 ITV News (S) 243



EMMERDALE:
Adam loses
his cool when
the defence
solicitor reveals
he practised
medicine
illegally,
7pm

7
PM8
PM9
PM10
PM11
PM12
midnight

7.00 Open All Hours Granville tries to persuade Arkwright to buy a van. (R,S) 9205
7.30 Real Story With Fiona Bruce Soldiers returning from Iraq talk about the treatment they receive on their arrival in Britain. (W) (S) 359

8.00 Traffic Cops New series. Insight into the working life of traffic police. (W) (S) 8953
8.30 DIY SOS New series. Nick Knowles and the team return to help a Fishguard couple with quadruplets to renovate their bedroom. (W) (S) 7088

9.00 Panorama Special Investigating the release of prisoners into bail hostels, including secretly filmed footage of convicted paedophiles befriending children and drug abusers shoplifting. (W) (S) 1137

10.00 BBC News (W) (S) 36408
10.30 Local News, (W) (S) Weather 176953
10.35 The National Lottery Draws (W) (S) 175224
10.40 One Life A Jehovah's Witness faces surgery. (W) (S) Followed by National Lottery Update. 235595

11.20 FILM: Made In America 1993 (12) Romantic comedy. A school project leads a black woman to discover she's the product of artificial insemination. Whoopi Goldberg and Ted Danson star. (S) Followed by Weather. 282069

1.10 Sign Zone: Incredible Animal Journeys (R) (SL) (W) (S) 4023064 **2.10 Sign Zone: Digging Deep** (AD) (R) (SL) (W) (S) 7764793 **2.40-6.00 BBC News 24** (S) 46270977

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

7.00 Emmerdale Adam takes the stand at Steph's trial and makes a stunning declaration. (AD) (W) (S) 7601
7.30 Coronation Street Tyrone books a stripper for Jack's birthday, and Audrey lets her hair down with Bill. (AD) (W) (S) 427

8.00 The Bill Gillian Taylforth joins the cast as Nikki Wright, a Sergeant from the Barton Street station who finds herself caught up in an armed stand-off along with her Sun Hill colleagues. (AD) (W) (S) 6069

9.00 FILM: X2 2003 (12) Premiere. The action-packed sequel to X-Men finds the mutant heroes forced into an uneasy alliance with arch enemy Magneto to battle a common foe following an attempted assassination on the president. Starring Patrick Stewart, Ian McKellen, Hugh Jackman and Alan Cumming. Concludes after the news. (AD) (S) 2137
10.30 ITV News Including Local News and Weather. (S) 30224

11.00 FILM: X2 2003 (12) Concluded. (AD) (S) 689682

12.05 Entourage (S) 2187712 **12.30 The Mint** (W) Followed by ITV News. 12159557 **4.05 The Jeremy Kyle Show** (R) (SL) (W) (S) 7464034 **5.00 Nightscreen** 66793

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By Kettle &
Christine

MATT BAYLIS



...ON LAST
NIGHT'S TV

IF THE supermarkets today aren't crammed with people in surgical masks stockpiling canned food, then it's no fault of **HORIZON** (BBC2). In last night's special - which was entitled "Pandemic" but might easily have been "Panic" - we had 90 minutes of the most clumsy scare-mongering since 1838, when Americans mistook the radio play of *War Of The Worlds* for a news report. The gist of the thing - aided by computer graphics of virus particles entering people's bloodstreams - was that the bird flu threat is still very real.

Drawing stark comparisons with the Spanish flu epidemic of 1918, it pointed out that the relatively small number of human deaths from bird flu means little. To date, around 140 people are reported to have died

from the H5N1 strain of the virus. And back in 1917, the same amount of people had succumbed to Spanish flu - a number which had turned to 15 million within a year.

The chaos that could result from a similar outbreak now is so great that most governments have contingency plans.

Tense

But will they be enough? If *Horizon* is to be believed, we're all probably doomed. This doubtless didn't intend to be an irresponsible piece of television. And the nuts and bolts science - explaining how easily the virus could mutate, how it spreads through the body and why it proves more fatal to young victims than their parents - was first-rate.

What led it astray was the dramatic reconstruction, telling how a bird flu pandemic could spread around the world.

There seemed to be some early confusion about what tense to use - so that "could" and "might" became "will" and "is". Expert soundbites were dotted throughout the story, leaving the viewers baffled about what they were taking in - a genuine opinion from a respected authority, or an actor playing a part in a ghoulish disaster movie.

If this programme achieved anything - apart from spreading panic - it was to convince us that the dramatic reconstruction is a virus every bit as dangerous as H5N1.

It can spread through a decent documentary, ruining its credibility within minutes.

FILMS

SKY MOVIES 1

6.50am Kid Cop (1996) (U) Adventure, with Alexandra Paul. 67831048
8.30 Kangaroo Jack: G'Day USA (2004) (PG) Animated sequel. 1148798
9.50 Yu-Gi-Oh! (2004) (PG) Animated adventure. 94123392
11.25 Falsely Accused (1993) (PG) Fact-based drama, with Lisa Hartman Black. 39862934
1.05pm Kangaroo Jack: G'Day USA (2004) (PG) Animated sequel, with the voice of Ahmed Best. 5507953
2.25 Yu-Gi-Oh! (2004) (PG) Animated adventure. 3884392
4.00 Star Wars: Episode V - The Empire Strikes Back (1980) (U) Sci-fi fantasy, with Harrison Ford. 10441840
6.15 Falsely Accused (1993) (PG) Fact-based drama, with Lisa Hartman Black. 3884392
8.00 Obsessed (2002) (12) Thriller. Starring Jenna Elfman. 52972
10.00 Star Wars: Episode V - The Empire Strikes Back (1980) (U) Sci-fi fantasy, with Harrison Ford. 64682885
12.10am The Escapist (2001) (15) Thriller, starring Jonny Lee Miller. 423809
1.45 Swimming Upstream (2004) (12) Sports biopic, with Geoffrey Rush. 690373
3.30 Fall Into Darkness (1996) (15) Thriller. Jonathan Brandis stars. 215248
5.05-6.45 Kid Cop (1996) (U) Adventure, with Alexandra Paul. 63343996

RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Edith Bowman. 4.00 Scott Mills. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Huw Stephens. 2.00 Gillian Peterson. 4.00-7.00 JK And Joel.
Radio 2 (FM: 88-90.2 MHz) 6.00 Sarah Kennedy. 7.30 Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright. 5.00 Stuart Macdonald. 7.00 Nick Barracough. 8.00 Mike Harding. 9.00 Courtney Pine's Jazz Crusade. 10.00 Teams Of A Clown: The Story Of Smokey Robinson. 10.30 Mark Radcliffe. 12.00 Janice Long. 3.00-6.00 Alex Lester.
Radio 5 Live (MW: 909, 693 kHz) 5.00 Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.55 Prime Minister's Questions. 12.30 News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Five Live Sport: Commentary on one of this evening's Carling Cup fourth-round ties. 10.00 6-0-6. 11.00 Phil Williams. 1.00 Up All Night. **Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00** Christian O'Connell's Breakfast Show. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geof Show. 1.00 Greg Burns. 4.00-6.00 John Osborne.

SKY MOVIES 2

7.10am Hockey Mom (2003) (PG) Drama. 42123446
8.55 The King And I (1999) (U) Animation. 66826359
10.40 The Winning Season (2004) (U) Drama. 66148934
12.20pm The Magical Legend Of The Leprechauns 57060682
3.20 Hockey Mom (2003) (PG) Drama. 29132601
4.55 The King And I (1999) (U) Musical animation, with the voice of Mariana Richardson. 3607458
6.25 The Winning Season (2004) (U) Sporting drama, starring Matthew Modine. 89724682
8.00 Cellular (2004) (15) TAction thriller, starring Kim Basinger and Will Beinbrink. 49110330
9.45 UK Top 10 Films currently on release. 436779
10.00 The Delta Force (1986) (18) Action adventure, starring Chuck Norris and Lee Marvin. 89742137
12.15am Green Street (2004) (18) Violent drama, starring Elijah Wood. 4591994
2.10 Mr Wrong (1996) (PG) Comedy. 858129
3.50 6.50 The Magical Legend Of The Leprechauns 56426538

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

SPORT

SKY SPORTS 1

6.00am Revista De La Liga 97717 7.00 WWE: Heat 97798 8.00 Carling Cup Football 33779
9.30 FA Cup Classics 58205 10.00 ICC Cricket Awards 2006 46243 11.30 Carling Cup Football 96717 1.00 PTV Revisa La Liga 57576 2.00 ICC Cricket Awards 2006 87088 3.30 Carling Cup Football 56595
5.00 World Of 1224
6.00 European Tour Weekly 2069
6.30 FA Cup Classics 6021
7.00 Live Carling Cup Football Birmingham City v Liverpool (kick-off 7.45pm). All the action from tonight's fourth-round clash at St Andrews. 516934
10.00 You're On Sky Sports! Grass-roots football comment. 92243
11.00 Transworld Sport Action and features from around the globe. 27311
12.00midnight J League Weekly 86199
12.30 Carling Cup Football 50828 2.00 FA Cup Classics 18354 2.30 You're On Sky Sports! 86480 3.30 FA Cup Classics 11441
4.00-6.00 Live European Tour Golf The Champions Tournament. 38118

SKY SPORTS 2

6.00am Aerobics Oz Style 3191595 6.30 Shift Adventure Snowriders 1832717 7.00 Aerobics Oz Style 3709514 7.30 Shift Adventure Snowriders 3788021 8.00 Show Jumping 7181576 9.00 Shift Adventure Snowriders

SKY CINEMA 1

6.00am Country (1984) (PG) Drama. 36552363
7.55 The Pilgrim (1923) (U) Comedy. 1178427
8.45 A Woman Of Paris (1923) (PG) Drama. 3468069
10.15 Made In Heaven (1987) (PG) Fantasy. 44818040
12.00noon The Barbarian And The Geisha (1958) (U) Drama. 5437514
1.50 Country (1984) (PG) Drama. 25497953
3.50 The Pilgrim (1923) (U) Comedy. 1344088
4.40 A Woman Of Paris (1923) (PG) Melodrama, starring Charlie Chaplin. 59837224
6.10 Made In Heaven (1987) (PG) Romantic fantasy, starring Timothy Hutton. 21727595
8.00 Bed And Board (1970) (15) Drama, starring Jean-Pierre Leaud. 43528069
9.45 Love On The Run (1979) (12) Drama, with Jean-Pierre Leaud. 4009446
11.45 The Last Hard Men (1976) (15) Western adventure. 5859243
1.35am Irma La Douce (1963) (15) Comedy. 5783538
4.00 6.00 The Barbarian And The Geisha (1958) (U) Drama. 5817147

SKY ONE

6.00am Taste 7.00 Pokemon 7.30 Yu-Gi-Oh! 8.00 Malcolm In The Middle. 8.30 Stargate SG-1. 9.00 Scrubs 9.35 Scrubs 10.00 Law & Order 11.00 Cold Case 11.30 Buffy 1.00 Scrubs 1.30 Scrubs 2.00 Cold Case 3.00 Buffy 4.00 Star Trek: Voyager 5.00 Stargate SG-1 6.00 Malcolm In The Middle. 6.30 SG-1 7.30 Simpsons 7.00 Simpsons 7.30 Simpsons 8.00 Stargate SG-1 9.00 Stargate Atlantis 10.00 The Race

11.00 Popcorn 11.30 More Big Ideas Midnight Battleground Galactica. 1.00 Stargate SG-1 1.50 Mile High 2.40 Football's Hardest Away Days 3.30 Temptation Island UK 4.20 Keen Eddie 5.10-6.00 Dream Team

BBC THREE

7.00pm Torchwood Declassified 7.15 Robin Hood 8.00 Celebrity Scissorhands 9.00 Film: Lara Croft: Tomb Raider (2001) (12) 10.30 Celebrity Scissorhands 11.30 Dogtown 12.00midnight Two Pints Of Lager And A Packet Of Crisps 12.30 Two Pints Of Lager And A Packet Of Crisps 1.00 Celebrity Scissorhands Uncut 3.00 Dog Borstal

BBC FOUR

7pm 40 Minutes On 8.00 The World 8.30 The House Of Chanel 9.00 Lonesome Dove 10.30 Lead Balloon 11.00 Never Mind The Full Stops 11.30 Hungary 1956: Our Revolution 12.30am Dinner With Portia 1.00 Janine Di Giovanni Talks To Kirsty Wark 1.30 African Rock'n'Roll Years 2.30 Lead Balloon 3.00 Never Mind The Full Stops 3.30 Janine Di Giovanni Talks To Kirsty Wark

E4

6.00am E4 Music: Uninterrupted 7.30 Wake Up With McFly 8.30 Whatever You Want 11.00 Nothing But 2003 12.00noon E4 Music: Uninterrupted 1.00 Freshly Squeezed Extra 2.00 The OC 2.55 Beauty And The Geek 4.00 Scrubs 4.30 Hollywood 5.00 Friends 5.30 Friends 6.00 The OC 7.00 Hollywood 7.30 Scrubs 8.00 Friends 8.30 Friends 9.00 Desperate Housewives 10.00 Bol In The USA 10.30 Star Stories 11.00 Goldplated 12.05am Sex And The City 12.45 No Angels 1.45 Bo! In The USA 2.10 Star Stories 2.35 Desperate Housewives 3.15 No Angels 4.15 Beauty And The Geek 4.55 Switched 5.20-6.00 Switched

MORE4

10.35am Countdown 11.15 Deal Or No Deal 12.10pm New Paul O'Grady Show 1.10 The Diamond Queen (1953) (U) 2.40 Thirtysomething 3.45 Film: The Long Ships (1963) (PG) 6.05 Deal Or No Deal 7.00 A Place In The Sun 8.00 News 9.30 Jon Stewart 9.00 Film: Bright Lights (2003) (PG) 11.10 Starkey's Last Word 11.40 Jon Stewart 12.10am Thirtysomething 1.10 A Place In The Sun

televisionX

10.00pm Freeview 10.10 The Two Jonnies 10.30 Eurochicks 10.40 A*** Teens 11.00 Freeview 11.10 A*** Teens 11.15 The Omar Show 11.25 Glamour S*** 11.40 Road Trip - Esher 11.55 Amsterdam Central 12.00midnight Freeview 12.10 Amsterdam Central 12.25 Ben Dover 12.50 Anna's Place 1.10 Twin Cheeks 1.35 C*** Crazy 1.55 Action Time 2.00 Backseat Driver 10 3.10 Beautiful Nasty

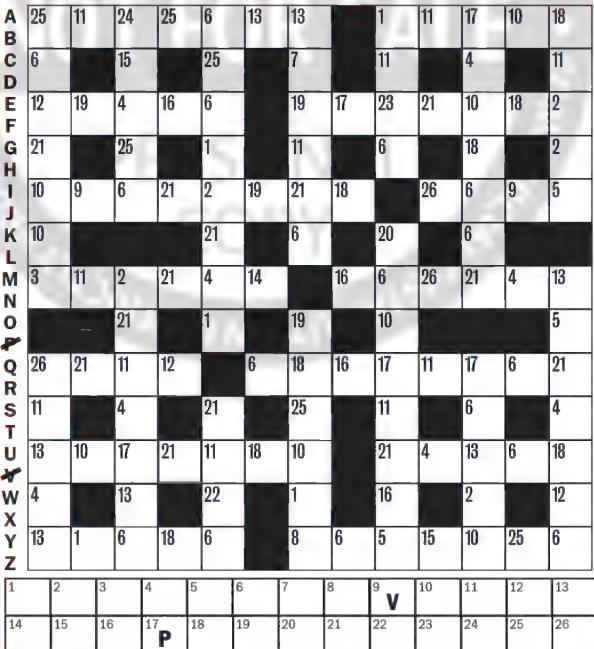


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Alphapuzzle™ tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 7/10; **TARGET:** 24 minutes; **CLUE:** Space for the French hubby.

YESTERDAY'S SOLUTION: Across: Bray, Cakewalk, Astound, Troop, Shrug, Cellar, Indeed, Ormolu, Obtain, Scrub, Uncle, Martial, Overdose, Send.

Down: Bearskin (clue), Ouzo, After, Debacle, Juggle, Ahead, Abduct, Gnomes, Extol, Resort, Avocado, Raise, Kept, Quibbled.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSALPHA to 86100 and we will text the six extra letter clues direct to your mobile. • Texts cost £1 plus normal network operator rate.

FULL SOLUTION: 0906 751 3121

• Calls cost 75p per minute from BT landlines



CHAT PUZZLES ON
SALE NOW

TWO-WAY TEASER

CRYPTIC CLUES ACROSS

- What reactors do, in a manner of speaking (7)
- Throw from sports field (5)
- Compete – for victory, that is (3)
- Walk quickly – it's routed all over the place (6,3)
- It's dead right afterwards! (5)
- This sly mixture is fashionable (7)
- Young animals carelessly cast aside? (6)
- Tank on outside of vessel is empty (6)
- Jet in a storm (7)
- Young ladies left in unusual rigs (5)
- Practice that's on the right lines? (9)
- One we dread (3)
- Learner has to move slowly from rocky shelf (5)

25 Is corn I chewed stuck in tooth? (7)

DOWN

- Competitor's arrival, knocking a bit off (5)
- He watches post react badly (9)
- Watch and follow the rules (7)
- Being terribly rude on ship can cause intimidation (6)
- Fit of temper in a field (5)
- A couple in it wouldn't (3)
- Sort of man who's a killer but buried peacefully? (7)
- Terrible rain comes up behind (2,7)

YESTERDAY'S SOLUTION: ACROSS – 1 Experienced, 7 Own, 9 Treadmill, 10 Laird, 11 Hopped, 14 Mica, 15 Golf, 16 Scooter, 17 Lash, 19 Isle, 20 Scorn, 23 Porch, 26 Adrenalin, 27 Eon, 28 Golden eagle. DOWN – 1 Eat humble pie, 2 Peep, 3 Radio, 4 Exile, 5 Cull, 6 Domino, 8 No difference, 11 Hash, 12 Pious, 13 Ditto, 15 Grin, 18 Strong, 21 Carve, 22 Range, 24 Hall, 25 Plug.

13 In a word, it's word for word? (7)

15 Virtuous in a spirited sort of way? (7)

16 Shrub growing requiring little skill? (6)

18 About to get up for a funeral celebration? (5)

20 Sharp weapon's point applied to fruit? (5)

22 You get concealed in such identities? (3)

QUICK CLUES ACROSS

- React (7)
- Soccer ground (5)
- To contend (3)
- Walk briskly (6,3)
- Afterwards (5)
- Smart, fashionable (7)

13 Discarded waste (6)

14 Empty (6)

17 Violent tropical storm (7)

19 Lasses (5)

21 Practice for a play (9)

23 Overwhelming wonder (3)

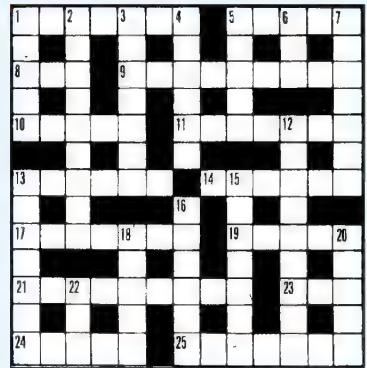
24 Shelf (5)

25 A tooth? (7)

DOWN

- Opponent (5)
- Onlooker (9)
- Watch closely (7)
- Forceful constraint (6)
- Fit of temper (5)
- A couple (3)
- Axe (7)
- Behind with payments (2,7)
- Word for word? (7)
- Like a cherub (7)
- Miniature tree (6)
- Fully conscious (5)
- Asparagus shoot (5)
- Concealed (3)

Two sets of clues but the answers are the same
ANSWERS TOMORROW



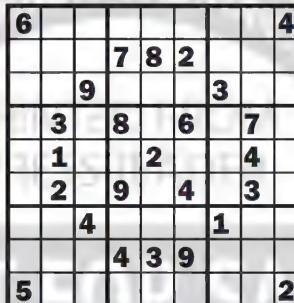
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Fill and Find

Before you find the words in the grid, you have to work out what they are! Discover them by finding a word that follows the first listed word, and precedes the second. The words will be in alphabetical order, and one can't be found in the grid. Which?

BATTERY	RAIN
NATIONAL	PATROL
COOKED	CEREAL
HOT	CHIPS
EGYPTIAN	WOOL
DOUBLE	CAKE
FRENCH	BAT
WHITE-COLLAR	SCENE
ROAST	JACKET
SAFETY	SERGEANT
BLACK	VINE
TOWN	MARK
WHITE	HUSBAND
TEAM	WRITER
SEWING	GUN
SCRAP	SEAMAN
PRICKLY	DROPS
	BOOK
	PUNCH
	SERVICE
	AGE
	WHEEL
	HOCKEY
	INSECT
	COMMON
	OUT
	QUESTION
	WHEEL

SUDOKU



Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.

LEVEL: Difficult **TARGET:** 35 min

YESTERDAY'S SOLUTION

2	6	5	7	1	9	3	4	8
8	7	1	4	3	5	2	9	6
4	3	9	2	6	8	1	7	5
7	5	2	6	9	3	8	1	4
1	9	4	8	5	2	6	3	7
3	8	6	1	7	4	9	5	2
9	4	3	5	2	6	7	8	1
5	2	7	9	8	1	4	6	3
6	1	8	3	4	7	5	2	9

Extra clues: 0906 751 3124

Calls 75p/min from BT Landline

YESTERDAY'S SOLUTIONS

DIAMOND CROSSWORD

Y	E	N				
D	O	N	C			
O	N	C	U	T		
C	U	T	E	N	R	
U	E	N	R	A	N	R
N	R	A	N	R	A	N
R	A	N	R	A	N	R
A	N	R	A	N	R	A
N	R	A	N	R	A	N

ANSWERS IN TOMORROW'S DAILY STAR

Just Jane



JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY

Sex lies
could
split us

My boyfriend's brother came on to me and now my relationship's a mess.

We were at a family party and my guy, who is a fireman, was called to an emergency.

I hadn't intended to stay after he went, but his brother had just split from his girlfriend and we were chatting.

I said that if there was anything I could do he only had to say.

He said there was - but I'd have to go up to his old bedroom.

I suppose I was stupid, but I had no idea that he was going to leap on me and try to get my knickers off.

I slapped him really hard and told him not to be so nasty, then he began crying and said that I was the one he'd always wanted and when he broke up with his girlfriend he hoped that we'd get together.

I explained that I loved his brother and loved him like a brother and he should stop thinking of me like that.

I promised not to tell anyone, but he has told my boyfriend that I leapt on him and now my fella is sleeping in the spare room until he makes his mind up who is lying.

How can I get him to believe me?

JANE SAYS: Relying on your boyfriend's brother to confess just won't happen as he certainly won't want the truth to come out.

All you can do is make sure your man knows exactly what happened.

Perhaps confronting this sleaze in front of your fella could make him see that you are telling the truth.

FORCED TO RAT ON CHEATING MATES

TELLING ALL WAS THE ONLY WAY TO SAVE MARRIAGE

IN AN effort to save my marriage I told my wife the truth not only about me, but all our friends and now I've stirred up a real problem.

I know I was really stupid to risk my wife and daughter for a meaningless shag with a girl I met while on holiday with a mate, but it was so tempting.

I met her in Greece on a week's sailing trip in the summer and I just couldn't stop myself.

My mate told me I was mad, but it seemed to make me want to do it all the more.

When I got home I felt so guilty I had to confess to my wife and she cracked me out.

To try to get her back I promised I'd tell her the total truth about everything and ended up spilling the beans about all my mates.

Stupid

My wife forgave me, partly because she could see I wasn't the only one of our group to have cheated.

But I never thought she'd tell my mates' wives what they'd been getting up to.

We had a few of them round one night and the wives were telling my wife that she was stupid to have me back.

She let rip and told them all about their husbands.

One was shagging a secretary at work, another was having sex with an ex and a third was cheating with his sister-in-law.

My wife told them all in graphic detail and our party came to a

grinding halt. There were huge arguments and one woman threw a bottle of red wine over her husband.

Now none of them wants to know us and the rest of our friends are being very wary.

What should we do?

JANE SAYS: You can't take back what your wife said, but there's no point in crying over spilt milk. Circumstances were definitely against you.

Those secrets weren't yours to tell but on the other hand if those women hadn't told your wife that she was mad to take you back she wouldn't have told them that their husbands had also been up to no good.

The thing is, your friends were cheating and they got caught out - end of story.

I suggest that you explain that you were trying to save your own marriage and had no option but to tell your wife their secrets.

If they can see what a hole you were in then I'm sure they'll understand.

However, there's no guarantee that they'll forgive you.

If they don't then you can always start again and try to make new friends.

But I suggest that in future you don't allow yourself to be tempted.

Then you won't find yourself in a situation where you have to use other people's secrets to get you out of a tight spot.

It's a tough lesson to learn, but then again tough lessons are generally the ones that we remember and learn from.



Fella spends what I save

MY boyfriend and I have been saving for a deposit on a flat but he keeps spending money.

At the rate he's going I think we'll be about 50 before we can buy our first home.

Last month he dipped into our savings again and bought some new gadget for his computer. The month before that it was a top-of-the-range mobile.

Then he booked a weekend away for some mate's stag party.

I don't spend anything like what he does and each month my direct debit goes into our savings account only for him to take some of it out.

He is contributing himself to the savings account, but I don't think it's fair.

How can I convince him that he's got to economise?

JANE SAYS: It sounds as if your boyfriend isn't quite ready to buy a flat with you and settle down.

He may have said so, but that was probably to keep you quiet and to stop you nagging about the next step of your relationship.

He's enjoying himself and having what he wants with no thought to the savings account or buying a flat with you.

I suggest you tell him you are putting the property idea on hold, stop the direct debit and start saving for yourself.

That way your money isn't being squandered by him.

(Calls cost 75p per minute from a BT landline)



JANE'S ADVICE LINES

0906 751 3140

Find Your Soul Mate

0906 751 3141

Great Sex For Him

0906 751 3142

I Want Bigger Boobs

0906 751 3143

Sizzling Sex

0906 751 3144

Stop The Split

0906 751 3145

We Argue all the Time

0906 751 3146

My Sex Life is Boring

0906 751 3147

Confidence

0906 751 3148

Coping with a Break Up

0906 751 3149

Coping with jealousy

0906 751 3150

Fantastic Sex

0906 751 3151

Female orgasm

0906 751 3152

Finding the Perfect Partner

0906 751 3153

Great Sex For Her

0906 751 3154

I'm so lonely

0906 751 3155

Loving for the first time

0906 751 3156

Partner Affair

0906 751 3157

Having sex after baby

My guy rejects me for his ex

MY new boyfriend didn't call or text me once when his ex came back for a visit to her family.

She'd left a year ago to live in Canada and was here for a month, but during that time I was like a single person again.

After she'd gone my boyfriend told me that she wouldn't like it if she knew he had a new girlfriend and just expected me to accept it. But I'm furious.

If they are no longer a couple what's it got to do with her who he goes out with?

He says it's not like that, but he refuses to explain what it is like!

JANE SAYS: This guy has got to work out what he wants. He's either with you or her and he can't hide you away if she drops into town.

Tell him just how hurt you've been by this and demand that he promises it will never happen again.

If he won't then it doesn't take much effort to work out what that really means.

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk





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‘I bet Blair will offer
Saddam asylum now’

just surprised Blair hasn't offered Saddam Hussein asylum, after all he seems to like importing LOST CAUSES, gd

SADDAM HUSSEIN SHOULD BE PUT BACK IN AS LEADER OF IRAQ AGAIN HE DONE A BETTER JOB THAN THE BRITS & AMERICANS ARE DOING. BUNDY

SADDAM HANGING SHOULD B ON TV PAY PER VIEW WITH PROFITS GOING TO FIGHT WAR ON TERROR. WAYNE

bloody christmas is almost here again, i end up spending hundreds on prezziess, and all you get back is a mingey pair of socks. BAZ

HOUGHTON, WIDNES To compo. Cant beat a nice days rabbit hunting. Food for the family food for the dogs. And i work a normal 40hour week. RH

BB, I disagree with ya, i'm female and i think that pete doherty is a complete talentless no hoper who looks like he needs a bath. pam

Hey big key had the exact same problem wit o2 took ages to get rid of em. big g

when r they gonna make throwaway phones so when i argue with my dad dont smash it to bits? PHIL EDGE JNR

what crap is X factor this yr? any 1 from last yr wud wipe the floor wid this p*ss poor lot. wobbly, preston

How are the McDonald brothers still in the x factor? im well better when im singing in the shower. WILL

a message to all you low lifes who brag about not working. If it wasnt for us workers you would be sleeping in a doorway. Grow up and get a life. dj

WILL HOLLYOAKS PLEASE CHANGE CREDITS AT BEGINNING, HALF THE PEOPLE IN THEM ARE NOT EVEN ON THE PROGRAMME ANY MORE. RIDDERS

They say you can't teach an old dog new tricks. Rubbish! I just taught

my girlfriend to juggle, and shes 30. WONKA, DUNDEE

2 happy raver - ye kinetic best club eva. iv got a dvd frm there. we all lukt like proper scruff tho. freddie, widnes

Haha MORPHEUS NI i agree about muppets. Ulstermen have best sense of humour. Does any1 agree? STEVO BELFAST

Big Brother Pete wants 23 kids with his 22-year-old chick. That's her life sorted till her 40s then! Adrian, Cheltenham

BB Pete has had his 15 mins of fame. His girlfriend book or music is of no interest 2 anyone outside of Brighton. NOT A FAN

To SHARK11, you have no taste at all. Nikki Graham is one sexy gal. Bet you fancy Jordan. Bton Boy

I totally agree with Chelsea Steve, the redhead in Girls Aloud always looks so miserable, anon

paulo, there r loads of fir birds in donty guss

i agree with u akyl and oriental girls dont treat u like sh*tte. bob peterboro

to jane RE michelle marsh. Areous r ya? MARK

2 Jane michelle marsh has the biggest and best pair i have ever seen. ray

Hands off Michelle Marsh's t*ts! She still has 1 of the best pairs around. DOM

I always knew the breast babes were from the north. Lucy Pargeter - wot a body! AL

Charlie stubbs is great. All women are the same, lyin, cheating. KEIRON KAVANAGH, WIDNES

I think Natalie Pike off Price is Right is gorgeous A, Lytham

To john leigh, agree fonzie was cool and ralph malph was a hoot! That joanie was a minger tho poor chachil! Devlin northants

DOES ANY1 KNOW THE HOFF!!! RICKYROSSER



Nice to see the sexy suranne jones is on tv again please print a pic preferably showing us her striking legs please as its my birthday. corky leeds

You're
Havin'
A
LAUGH

WE pay £5 for jokes printed (not texts). Write to: You're Havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

A MAN was walking his dog when the wind blew off the hat of a woman walking by. His dog chased the hat and chewed it to bits. The woman said: "Look what your dog did to my hat!" The man laughed and said: "Come on, he was just being playful!" The woman said: "I don't like your attitude!" The man replied: "Well, love - it was YOUR hat he chewed!"

VIC CORNACIA, Plymouth, Devon.

A MAN had to attend court for a paternity test. When he came out, his pal said: "Well, are you the dad?" The man laughed and said: "They'll never find out. They took the sample from my finger!"

PAULINE YORK, Oldbury, West Midlands.

PETE: "You've put on a fair bit of weight recently, Charlie."

CHARLIE: "Yeah, I've had a lot on my plate."

PETER MARDEN, Rotherham, South Yorks.

Text DSJOKE (space) name and joke to 82100. Listen and laugh as your mate is wound up on 0905 235 8158. Calls cost £1 per minute.

LETTERS
EMAILS

THERE'S a tenner for the best letter each day, and a fiver for every one we print. Drop us a line at Readers' Letters, Daily Star, 10 Lower Thames Street, London EC3R 6EN. You can also fax us on 0208 612 7960 or e-mail: StarLetters@dailystar.co.uk

£10 LETTER

WHAT a good idea, I thought, when I read that surgeons will do minor ops in theatres in supermarket car parks (D. Star, November 2).

Instead of picking up MRSA in hospital, we can pick up the weekly shopping instead.

Then we can have our cataracts or whatever removed. Ugh!

MARIE KING, Cleveland, Teesside.

BRITAIN produces only 2% of world carbon dioxide emissions. So Gordon Brown has no right to inflict "green taxes" on the over-taxed British public. We should name and shame offending nations who are now belching 98% of the carbon dioxide emissions into the atmosphere and making global warming worse.

THELMA ANDREWS, Bristol.

THE cracks about Heather Mills by Jonathan Ross at the Q awards were disgusting.

Unless Ross lived with the couple, can he know her? And to make fun of Heather's disability? Just sick.

LEN ROBINSON, Cardiff.

PICS
APPEAL

Me and Alan Carr from the Friday nite project
broadway theatre barking - Jackie Kennedy

WE want YOU to star in our Forum page. Send us mobile pics of you with your mates or any stars you meet. Just text DAILYSTAR and send your photos and details of the pics - who, where, and your name - to 07786 200065. Messages cost £1 plus usual network charges.

‘Why you need us fellas’

i thought women didnt need men any more but they need mens sperm eh. jame

why should men donate sperm to help men hating lesbians and feminists to have babies? dan

Any babes out there want a date with a Lottery winner? Just off 2 pick up my £10. AD

So cliff richard is bringing a xmas album out, now theres a surprise. Give it up u godbotherer get urself a girl or somat! MORLEY, PENRITH

Joe mott do u know there are hundreds of artists u could write about. why so much on amy winehouse? sharon

chrisse, yeah there are two of us see you in sydney in feb. hicker and sid

Y DO I HAV 2 pay 4 anti GODBOTHERER

Just watching celebrity scissorhands, its great. I think lee stafford is lovely, gor

geous but he's lost to much weight. Longlegs st helens

dnt u think sum1 shud of told baby spice 2 take the coat hanger out of her top on g-norton. clair b-head

Does any1 agree Leslie Grantham (dirty den) and Michael Barrymore wud make a rite mental double act? The Rehab Cleaner

god to flash i know i exist because every time i walk indoors the wife says god yr back. anon

FOR legal reasons, we are unable to respond to text messages. If you have a query that needs a reply, write to: Daily Star, 10 Lower Thames St, London EC3R 6EN.

